

August Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>			
1 10:00 Stitching Post 10:45 Exercise to Video Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub 1:15 Book Club	2 10:00 *English Conversation 10:00 *Stepping On Workshop 1:00 Stitching Post 1:00 Chinese Mah Jong 1:30 *Learn to Knit/Crochet 3:00 *Watercolor Class 3:00 Teens Teach Tech Center will close at 4:30 p.m. 5:00 *Supper Club: Athens	3 10:45 Exercise to Video 12:30 *English Class 1:00 Wii Bowling 	4 9:30 Color This 10:45 Exercise to Video 1:00 Cards and Games
8 Health Education 101 “Recognizing Cataracts” 10:00 Stitching Post 10:45 Exercise to Video 1:00 Rummikub	9 Health Education 101 “Recognizing Cataracts” 10:00 *English Conversation 10:45 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 1:30 *Learn to Knit/Crochet 3:00 *Watercolor Class 5:00 *Dinner/Games	10 Health Education 101 “Recognizing Cataracts” 10:45 Exercise to Video 12:30 *English Class 1:00 *Artful Creations: Shadow Tracing Art 	11 Health Education 101 “Recognizing Cataracts” 9:30 Color This 10:45 Exercise to Video Noon *Boxed Lunch with Nurse Steve 1:00 Cards and Games
15 Nutrition Minute “Cooking without Power” 10:00 Stitching Post 10:45 Exercise to Video 1:00 Rummikub Center closes at 2:00 p.m.	16 Nutrition Minute “Cooking without Power” 10:00 *English Conversation 10:45 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 1:30 *Learn to Knit/Crochet 3:00 *Watercolor Class 5:00 *Dinner 6:00 *The Inside Scoop: Game Shows	17 Nutrition Minute “Cooking without Power” 10:45 Exercise to Video Noon *Bingo & Subs 12:30 *English Class 	18 Nutrition Minute “Cooking without Power” 9:30 Color This 10:45 Exercise to Video 1:00 Cards and Games
22 10:00 Stitching Post 10:45 Exercise to Video 1:00 Rummikub 1:00 Chinese Seniors: Community Gathering	23 10:00 *English Conversation 10:45 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	24 10:45 Exercise to Video 12:30 *English Class 1:00 Wii Bowling	25 Center is Closed 
29 10:00 Stitching Post 10:45 Exercise to Video 1:00 Family Feud 	30 10:00 *English Conversation 10:45 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner 6:00 Minute to Win It 	31 10:45 Exercise to Video 12:30 *English Class 1:00 Deal or No Deal 	September 1 9:30 Color This 10:45 Exercise to Video 1:00 Wheel of Fortune 

(see other side for program highlights)